

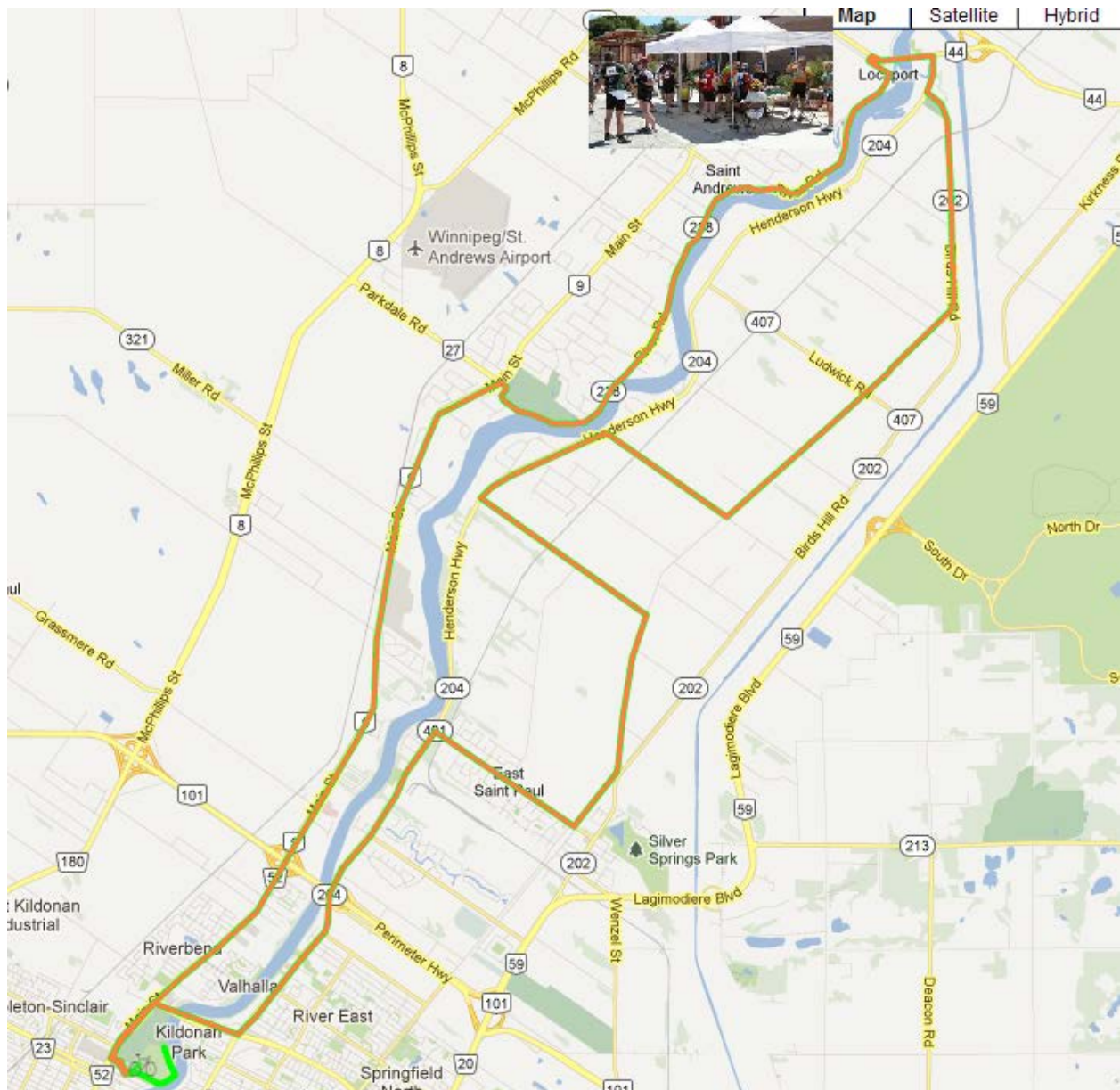
Muddy Waters 60 Km Route

Note: Please ride in single file over all bridges

The distances shown are approximate. There are a number of stop signs. Observe the Highway Traffic Act. The roads are NOT closed and are open to other vehicles. Please be careful.

Contact # Brenda 204-235-2405

0.0 Km	Cyclists line up after the Stop sign intersections of Peguis Drive and Lord Selkirk Drive. Leave Kildonan Park at 10:00 am via McKay Drive.
13.29 Km	Turn right onto Main Street heading north to Hwy # 9 to River Road.
22.93 Km	Turn right on River Road. Go to Skinners Lockport Bridge you will see a REST STOP
23.41 Km	Turn left on Stevens Ave East cross over to Hwy #44 Lockport Bridge
24.40 Km	Turn right on Henderson Hwy 204 at Lockport Hotel.
24.95 Km	Left on Birds Hill Road (Highway 202) South to Rebeck Road.
28.45 Km	Turn right on Rebeck Road to Dunning Road
33.26 km	Turn right on Dunning Road to Henderson Hwy 204
35.53 Km	Turn left on Henderson Hwy to Bowen Ave.
37.75 Km	Turn Left on Bowen Ave to Rebeck Road.
40.90 Km	Turn Right heading south on Rebeck Road continuing onto Raleigh Street
44.41 Km	Turn right on Hoddinott Road to Henderson Hwy 204
47.03 Km	Turn left on Henderson Hwy 204 to Chief Peguis Trail
52.74 Km	Turn right on Chief Peguis Trail to Main Street
54.72 Km	Turn left onto Main Street to Main Entrance of Kildonan Park
55.84 Km	Turn left into Kildonan Park via McKay Drive
57.54 Km	Go to Finish Line at the North Field of the park on Peguis Drive.



REST STOP LEGEND

Skanners River Road: 22.93 Km

Hours: 8:00am to 12:30pm

How to Handle an Emergency Situation

LOST?

Stay where you are, support will come find you.

Leave your bike by the road, in plain view.

Call the Muddy Waters Emergency Number

Ty 204-250-4014 Elaine 204-2950263

LIGHTNING

Leave your bike by the road, in plain view.

- If you are at a rest stop, get in the vehicle.
- If you are out in the open:

Hurry to a low open space,

assume a crouched position,

place hands on knees, and

reduce contact with the ground by balancing on the balls of your feet.

AVOID – trees, towers, fences, telephone and power lines, and bodies of water.

TORNADO

Leave your bike by the road, in plain view.

- **IN THE OPEN**

Lie down in a low spot off the road

Get under something sturdy to protect head and neck

AVOID: flimsy or tall structures, trees, vehicles

Watch for flooding if in culvert or ditch

AVOID :bridges and overpasses.

- **IN A VEHICLE**

DO NOT: attempt to outrun the tornado

drive through flooded areas

stop under bridges or overpasses

Pull over onto shoulder, stop away from trees etc, and turn on emergency flashers.

Exit vehicle and seek shelter in the open or a building

IN A BUILDING

MOVE TO:

center of building on lowest level (preferably below ground level.)

Small room (closet, bathroom, or small hallway)

Alternatively-a corner of the building

Maintain as many walls between you and outside as possible

Stay away from windows. Keep windows closed.

AVOID: structures with wide roof spans (auditoriums, malls, etc.)